



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

December 2013

A Letter from Mayor Dave Wood



Earlier this year the Mayor's Office was contacted by Melissa Raffelock, Japanese Language Teacher at Mishawaka High School, to advise us that the City of Mishawaka would soon be graced by the presence of "visitors" from our Sister-City, Shiojiri, Japan. Melissa reached out to the Community and was able to arrange home-stay visits with several Mishawaka families for the students and their adult chaperone. This was an exciting time for our City since it has been five years since a group of Shiojiri Youth has visited Mishawaka.

Many activities were scheduled for the visitors and I had the honor of hosting a welcome reception for them on Monday, October 28th. The visitors, their host families, and other City of Mishawaka guests who have been involved in this Sister-City relationship for many years attended the reception which was given in the Council Chambers of City Hall. Students from the Mayor's Youth Council attended the reception and



presented the Shiojiri students with Youth Council T-Shirts. The Mayor's Office presented a "City of Mishawaka" fleece to the Shiojiri City Hall Representative, Akina Mimura. On Wednesday, October 30th I also had the honor of taking the guests on a tour of the City of Mishawaka and spent the day touring the City Parks (Riverwalk, Shiojiri Gardens & Battell Rock Garden), the Grape Road Shopping area, a two-hour guided tour of the University of Notre Dame, a tour of the Fire Station #4/Administration Building, and the Saint Joseph Regional Medical Center. The highlight of the tour for the students was being served a lunch of fried chicken, mashed potatoes & gravy, candied carrots and West End Bakery apple squares by the Mishawaka Firemen at Fire Station #4.



Mayor Dave Wood



UPCOMING EVENTS!

Dec 6	Santa's Arrival and Tree Lighting (Downtown)
Dec 7	"Winterfest" (Merrifield Park)
Dec 8	"Everyday People" (Battell Center)
Dec 15	Michiana Concert Band Winter Concert (Battell Center)
Dec 31	Irish Icers on the Pond (Merrifield Park)
Feb 21	Daddy/Daughter Dance (Battell Center)

City Offices Closed

Dec 24-25	Christmas Holiday
January 1	New Year's Day



Healthy Holiday Eating

Health Information from Saint Joseph Regional Medical Center

Eating well and staying active during the holiday season can be a challenge. Especially since baked goods, sweet treats, eggnog and other holiday favorites are so readily available. So how can you possibly eat healthy amidst all of the temptations? Be proactive. And remember that now is not a time to lose weight, but rather a time to maintain your weight while making good decisions. Work with a family member or friend to set realistic strategy plans now – and hold each other accountable. Here are some ideas to help get you started:

- Start a journal or blog
- Offer to bring a healthy side dish
- Enjoy portions in moderation
- Keep moving

Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov

Electric Rate Increase - What It Means To You

Effective with your electric bills due beginning on January 5, 2014, Mishawaka Utilities has increased electric rates for the first time in 22 years. The last time rates were changed in 1993, a minor decrease occurred. The increase is needed to fund \$6.3 million in new revenue to support operations, maintenance and capital improvement for the electric utility.

In dollar and cents terms **Residential Bills** will increase as follows:

<u>Kw Hrs Used</u>	<u>Current Bill</u>	<u>New Bill</u>	<u>\$ Increase</u>
500	\$49.65	\$56.50	\$6.85
700	\$65.65	\$74.53	\$8.88
1000	\$89.29	\$101.60	\$12.31

Commercial – 14 to 18% increase

Schools – 12 to 13% increase

Commercial Power – 18 to 19% increase

Industry – No change yet

After the increase Mishawaka residential electric rates still remain below the I&M retail rate in South Bend and Elkhart. In addition the residential rates in Mishawaka remain below the statewide average.

Besides the increased revenues to fund financial requirements, the new rates will eliminate the wild quarterly fluctuation in the monthly bills caused by the "tracker" and improve the utility's cash balances to deal with unexpected and unforeseen costs from equipment failure or storm damage.

In terms of the unexpected and unforeseen, the storm damage on Sunday, November 17, 2013 resulted in down power lines and power interruption to 2500 to 3000 residents and businesses. Our crews were on the job by 4:00 pm and worked through the night to restore power. By 10:00 pm more than half of the affected customers were back with power. Our dedicated crews remained on the job until early the next morning installing power poles and diverting power from our 11 substations to restore power to the remaining customers still without power. Those initial crews put in a 16 hour work shift due to the outage. They were relieved by other staff for safety reasons and to get a well deserved rest at 7:00 am. The relief staff worked diligently to restore power to the remaining small group of powerless customers and had all service restored by noon. The result of these efforts had all customers back in power in less than 24 hours. As we know from the news media, it took until Thursday for residents outside of Mishawaka to have their power restored.

Personally, I am extremely proud of our Electric department and their commitment, dedication and performance during a very difficult time. It is efforts like these that support our vision as a World Class provider of services to our residents. Rate increases although difficult for all of us, insure that our Electric department is poised, ready and properly equipped to provide the service that all of us have become accustomed to when the lights are out!



Healthy Holiday Eating (cont'd)

Turkey Stuffing Recipe (Yields 8 servings)

This heart healthy, diabetes-friendly, low calorie stuffing is a great addition to any holiday entrée.

10 slices whole wheat bread, cubed	1/2 cup chopped celery	1/4 cup chopped fresh sage
4 Tbsp trans fat free margarine	1 Tbsp dried sage	1 garlic clove, minced
1/2 cup chopped onion	1/8 tsp salt	2 cups low sodium chicken or turkey broth
1/2 cup chopped carrots	Black pepper to taste	

- Preheat oven to 350°.
- Layer bread cubes on a baking sheet and toast in oven about 10 minutes. Remove from oven and set aside.
- In a large saucepan, heat margarine over moderate heat until melted. Add onion, carrots and celery and sauté for 1 minute. Mix in seasonings and garlic, and cook 3 minutes, until vegetables are softened. Add chicken broth and simmer for 2 minutes. Remove from heat.
- In a large bowl, toss toasted bread cubes (reserve 1/4 cup for topping later) with vegetable mixture.
- Coat a casserole dish with nonstick cooking spray. Transfer stuffing mixture to casserole dish and top with reserved 1/4 cup bread cubes. Bake, uncovered, for 20 minutes or until golden.

Nutrition Facts: (based on ingredients listed and serving size. Additions / substitutions may alter nutritional content.)

Calories: 179; Fat: 7g; Saturated Fat: 0g; Cholesterol: 1mg; Sodium: 454mg; Carbohydrates: 28g; Fiber: 5g; Protein: 6g

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